



# DEPARTMENT OF THE INTERIOR

## INFORMATION SERVICE

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### FISH AND WILDLIFE SERVICE

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#### AMPLE SUPPLIES AVAILABLE OF CANNED TUNA AT LOWER PRICES

Tuna prices are down and supplies are ample.

This bright spot on the food horizon should offer cheer to harassed housewives in search of an appetizing high-protein dish at a moderate price.

The pack of canned tuna this year, according to the Fish and Wildlife Service, may reach eight million cases. The United States catch comes principally from the Pacific Ocean, with the largest amounts being caught by tuna clippers operating out of San Pedro and San Diego, Calif. In their quest of tuna, some of these clippers travel as far as 2,000 miles from their home ports.

The first commercial packs of tuna were made in California between 1905 and 1909. Today about 175 million pounds of tuna come to the American table in canned form. Tuna is precooked in steam before it is packed in the can and covered with a bland-flavored vegetable oil.

This tasty fish, which has no waste for the purchaser, is easily prepared in a variety of ways. Home economists of the Fish and Wildlife Service suggest these two recipes, developed in their test kitchens:

#### TUNA SLAW

- 2 7-ounce cans tunafish
- 2 cups shredded cabbage
- $\frac{1}{4}$  cup chopped green pepper
- 2 tablespoons grated onion
- $\frac{1}{2}$  teaspoon salt
- dash pepper
- $\frac{1}{2}$  cup mayonnaise or salad dressing
- lettuce

Flake tuna and combine all ingredients; chill. Serve on lettuce with a bright-colored garnish. Serves 6.

#### TUNA A LA KING

- 2 7-ounce cans tuna fish
- $\frac{1}{4}$  cup chopped green pepper
- $\frac{3}{4}$  tablespoons butter or other fat, melted
- 3 tablespoons flour
- 1 cup milk
- 2 tablespoons chopped pimiento
- $\frac{1}{2}$  teaspoon salt

Drain and flake tuna. Cook green pepper in butter until tender; blend in flour. Add milk gradually; cook until thick, stirring constantly. Add pimiento, salt, and fish; heat.

Cut tops off puff shells and fill with fish mixture. Makes 36.

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